

# WOMEN'S FIT CHARTS |

## LFC-01 — WOMEN'S MEASUREMENTS | SEU3

	XS		S		M		L		XL		XXL		3XL		4XL	
Size	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
Bust	31½-32	32½-33	33½-34	34½-35	35½-36	36½-37½	38-39	39½-40½	41½-42½	43½-44½	45½-46½	47½-48½	49½-50½	51½-52½	53½-54½	55½-56½
Waist	23½-24	24½-25	25½-26	26½-27	27½-28	28½-29½	30-31	31½-32½	33-34½	35-36½	37-38½	39-40½	41-42½	43-44½	45-46½	47-48½
Hip	33-33½	34-34½	35-35½	36-36½	37-37½	38-39	39½-40½	41-42	42½-44	44½-46	46½-48	48½-50	50½-52	52½-54	54½-56	56½-58

HEIGHT Petite: 4'11" - 5'3" Regular: 5'3½" - 5'7" Tall: 5'7½" - 5'11"

## LFC-02 — WOMEN'S MEASUREMENTS | PEJ3, PEJW, PEW3, PLW3, PMJ5, PMU2, PMU3, PNW3, SEG5, SEL3, SLG9, SLU3, SMU3, QT11, QS31

		XS		S		M		L		XL		XXL		3XL		4XL	
Size	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
Bust	32-33	33-34	34-35	35-36	36-37	37-38	38-39½	39½-41	41-42½	42½-44½	44½-46½	46½-48½	48½-50½	50½-52½	52½-54½	54½-56½	56½-58½
Waist	25-26	26-27	27-28	28-29	29-30	30-31	31-32½	32½-34	34-35½	35½-37½	37½-39½	39½-41½	41½-43½	43½-45½	45½-47½	47½-49½	49½-51½
Hip	34½-35½	35½-36½	36½-37½	37½-38½	38½-39½	39½-40½	40½-42	42-43½	43½-45	45-47	47-49	49-51	51-53	53-55	55-57	57-59	59-61

HEIGHT Petite: 4'11" - 5'3" Regular: 5'3½" - 5'7" Tall: 5'7½" - 5'11"

## LFC-05 — WOMEN'S MEASUREMENTS | CLB7, CNB3, CNB5

		XS		S		M		L		XL		XXL		3XL		4XL	
Size	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
Bust	30¾-32	32¼-33½	33¾-35	35¼-36½	36¾-38	38¼-39½	39¾-41	41¼-42½	42¾-44	44¼-45½	45¾-47	47¼-48½	48¾-50	50¼-51½	51¾-53	53¼-54½	54¾-56
Hip	31¾-33	33¼-34½	34¾-36	36¼-37½	37¾-39	39¼-40½	40¾-42	42¼-43½	43¾-45	45¼-46½	46¾-48	48¼-49½	49¾-51	51¼-52½	52¾-54	54¼-55½	55¾-57

HEIGHT Petite: 4'11" - 5'3" Regular: 5'3½" - 5'7" Tall: 5'7½" - 5'11"

## PANT SIZE CHART D | PEJ3, PEJW, PEW3, PLW3, PMJ5, PMU3, PMW3, PNW3

	4	6	8	10	12	14	16	18	20	22	24
34 UNF	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲



# MEN'S FIT CHARTS |

## MFC-03 — MEN'S MEASUREMENTS |

MPU4, MPU8, SEC2, SEH4, SEH8, SMH2, SMH6, SMK2, SML2, SMT2, SMT4, SMP2, SMP8, SMZ2, SMZ6, QT20, QT10, QT12, QT30, QT32

Size	S	M	L	XL	XXL	3XL	4XL	5XL
Chest	35-38	38-41	41-45	45-49½	49½-54	54-58½	58½-63	63-67½

## MFC-07 — MEN'S MEASUREMENTS | SEU2

Size	S	M	L	XL	2XL	3XL	4XL	5XL
Neck	13½-14½	14½-15½	15½-16½	16½-17½	17½-18½	18½-19½	19½-20½	20½-21½
Chest	32½-36	36½-40	40½-44	44½-48	48½-52	52½-56	56½-60	60½-64
Waist Max	35 1/4	39¾	44¼	48¾	52¾	56¾	60¾	64¾
Sleeve Length	32	Regular Back Length						
	33	Regular Back Length						
	34	Regular Back Length plus 1½"						
	35	Regular Back Length plus 1½"						
	36	Regular Back Length plus 4"						
	37	Regular Back Length plus 4"						
	SS	Regular Back Length						
	SSL	Regular Back Length plus 4"						

## MFC-13 — MEN'S MEASUREMENTS | SEK2, SEL2, SEL4, SET2, SET8

Alpha Size	XXS	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL	7XL	8XL
Chest	34½-36	36½-38	38½-40	40½-42	42½-44	44½-46	46½-48	48½-50	50½-52	52½-54	54½-56	56½-58	58½-60

## MFC-10 — MEN'S MEASUREMENTS |

SEG2, SEG6, SES2, SLD6, SLG8, SLU2, SLU6, SLU8, SLUS, SMD8, SMU2, SMU4, SND2, SND6, SNS2

Size	S	M	L	XL	2XL	3XL	4XL	5XL
Neck	13½-14½	14½-15½	15½-16½	16½-17½	17½-18½	18½-19½	19½-20½	20½-21½
Chest	32½-36	36½-40	40½-44	44½-48	48½-52	52½-56	56½-60	60½-64
Waist Max	35¼	39¾	44¼	48¾	52¾	56¾	60¾	64¾
Sleeve Length	RG	33	33½	34	34½	35	35	35
	LN	35½	35½	36	36	36	36	36
	XLN	37	37	37	37	37	37	37
Back Length	RG	Regular Back Length						
	LN	Regular Back Length plus 1½"						
	XLN	Regular Back Length plus 4"						
	SS	Regular Back Length						
	SSL	Regular Back Length plus 4"						

## MFC-12 — MEN'S MEASUREMENTS | JET2, JEW2, JLH4, KEL2, KEW2, KNL2, KNL6, LML2, JNT2

Alpha Size	XS	S	M	L	XL	XXL	3XL	4XL	5XL									
Chest Size	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66
Chest Max	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"	54"	56"	58"	60"	62"	64"	66"

NOTE: If waist size is larger than chest size, use waist measurement as size.

Short: 5'3" - 5'7" Regular: 5'7" - 5'11" Long: 5'11" - 6'3" XLong: 6'3" - 6'7"

**NOTE:** Stock sizes may vary by color/item. Sizes are based on actual body measurements in inches. Styles and sizes are subject to change or withdraw without notice.







# MEN'S FIT CHARTS |

## MFC-46 — MEN'S MEASUREMENTS | SAW2, SEW2, SLS2, SLW2, SMW4, SMS2, SWW2

Size	S	M	L	XL	2XL	3XL	4XL	5XL	
Neck	13 <sup>5</sup> / <sub>8</sub> -14 <sup>1</sup> / <sub>2</sub>	14 <sup>5</sup> / <sub>8</sub> -15 <sup>1</sup> / <sub>2</sub>	15 <sup>5</sup> / <sub>8</sub> -16 <sup>1</sup> / <sub>2</sub>	16 <sup>5</sup> / <sub>8</sub> -17 <sup>1</sup> / <sub>2</sub>	17 <sup>5</sup> / <sub>8</sub> -18 <sup>1</sup> / <sub>2</sub>	18 <sup>5</sup> / <sub>8</sub> -19 <sup>1</sup> / <sub>2</sub>	19 <sup>5</sup> / <sub>8</sub> -20 <sup>1</sup> / <sub>2</sub>	20 <sup>5</sup> / <sub>8</sub> -21 <sup>1</sup> / <sub>2</sub>	
Chest	34 <sup>1</sup> / <sub>2</sub> -38	38 <sup>1</sup> / <sub>2</sub> -42	42 <sup>1</sup> / <sub>2</sub> -46	46 <sup>1</sup> / <sub>2</sub> -50	50 <sup>1</sup> / <sub>2</sub> -53	53 <sup>1</sup> / <sub>2</sub> -56	56 <sup>1</sup> / <sub>2</sub> -59	59 <sup>1</sup> / <sub>2</sub> -62	
Waist Max	36	40	44	48	51 <sup>1</sup> / <sub>2</sub>	55	58 <sup>1</sup> / <sub>2</sub>	62	
Sleeve Length	RG	34 <sup>1</sup> / <sub>4</sub>	34 <sup>3</sup> / <sub>4</sub>	35 <sup>1</sup> / <sub>4</sub>	35 <sup>3</sup> / <sub>4</sub>	36 <sup>1</sup> / <sub>4</sub>	36 <sup>3</sup> / <sub>4</sub>	37 <sup>1</sup> / <sub>4</sub>	37 <sup>3</sup> / <sub>4</sub>
	LN	35 <sup>3</sup> / <sub>4</sub>	36 <sup>1</sup> / <sub>4</sub>	36 <sup>3</sup> / <sub>4</sub>	37 <sup>1</sup> / <sub>4</sub>	37 <sup>3</sup> / <sub>4</sub>	38 <sup>1</sup> / <sub>4</sub>	38 <sup>3</sup> / <sub>4</sub>	39 <sup>1</sup> / <sub>4</sub>
	XLN	37 <sup>1</sup> / <sub>4</sub>	37 <sup>3</sup> / <sub>4</sub>	38 <sup>1</sup> / <sub>4</sub>	38 <sup>3</sup> / <sub>4</sub>	39 <sup>1</sup> / <sub>4</sub>	39 <sup>3</sup> / <sub>4</sub>	40 <sup>1</sup> / <sub>4</sub>	40 <sup>3</sup> / <sub>4</sub>
Back Length	RG	Regular Back Length							
	LN	Regular Back Length plus 1 <sup>1</sup> / <sub>2</sub> "							
	XLN	Regular Back Length plus 4"							
	SS	Regular Back Length							
	SSL	Regular Back Length plus 4"							

## MFC-77 — MEN'S MEASUREMENTS | QS30, QS20, SLU4

Size	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
Neck	14 <sup>7</sup> / <sub>8</sub> -15 <sup>3</sup> / <sub>4</sub>	15 <sup>7</sup> / <sub>8</sub> -16 <sup>3</sup> / <sub>4</sub>	16 <sup>7</sup> / <sub>8</sub> -17 <sup>3</sup> / <sub>4</sub>	17 <sup>7</sup> / <sub>8</sub> -18 <sup>3</sup> / <sub>4</sub>	18 <sup>7</sup> / <sub>8</sub> -19 <sup>3</sup> / <sub>4</sub>	19 <sup>7</sup> / <sub>8</sub> -20 <sup>3</sup> / <sub>4</sub>	20 <sup>7</sup> / <sub>8</sub> -21 <sup>3</sup> / <sub>4</sub>	21 <sup>7</sup> / <sub>8</sub> -22 <sup>3</sup> / <sub>4</sub>	22 <sup>7</sup> / <sub>8</sub> -23 <sup>3</sup> / <sub>4</sub>
Chest	34 <sup>1</sup> / <sub>2</sub> - 38	38 <sup>1</sup> / <sub>2</sub> - 42	42 <sup>1</sup> / <sub>2</sub> - 46	46 <sup>1</sup> / <sub>2</sub> - 50	50 <sup>1</sup> / <sub>2</sub> - 54	54 <sup>1</sup> / <sub>2</sub> - 58	58 <sup>1</sup> / <sub>2</sub> - 62	62 <sup>1</sup> / <sub>2</sub> - 66	66 <sup>1</sup> / <sub>2</sub> - 70
Waist Max	35 <sup>1</sup> / <sub>2</sub>	40	44 <sup>1</sup> / <sub>2</sub>	49	53	57	61	65	69
Sleeve Length	RG	34 <sup>1</sup> / <sub>4</sub>	34 <sup>3</sup> / <sub>4</sub>	35 <sup>1</sup> / <sub>4</sub>	35 <sup>3</sup> / <sub>4</sub>	36 <sup>1</sup> / <sub>4</sub>	36 <sup>1</sup> / <sub>4</sub>	36 <sup>1</sup> / <sub>4</sub>	36 <sup>1</sup> / <sub>4</sub>
	LN	36 <sup>1</sup> / <sub>4</sub>	36 <sup>1</sup> / <sub>4</sub>	36 <sup>3</sup> / <sub>4</sub>	36 <sup>3</sup> / <sub>4</sub>	36 <sup>3</sup> / <sub>4</sub>	36 <sup>3</sup> / <sub>4</sub>	36 <sup>3</sup> / <sub>4</sub>	36 <sup>3</sup> / <sub>4</sub>
	XLN	37 <sup>3</sup> / <sub>4</sub>	37 <sup>3</sup> / <sub>4</sub>	37 <sup>3</sup> / <sub>4</sub>	37 <sup>3</sup> / <sub>4</sub>	37 <sup>3</sup> / <sub>4</sub>	37 <sup>3</sup> / <sub>4</sub>	37 <sup>3</sup> / <sub>4</sub>	37 <sup>3</sup> / <sub>4</sub>
Back Length	RG	Regular Back Length							
	LN	Regular Back Length plus 1 <sup>3</sup> / <sub>8</sub> "							
	XLN	Regular Back Length plus 4"							
	SS	Regular Back Length							
	SSL	Regular Back Length plus 4"							

## MFC-70 — MEN'S MEASUREMENTS | KLL6, KNL6, KML6

Alpha Size	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL	7XL	8XL
Chest Size	34	36	38	40	42	44	46	48	50	52	54	56
Chest Max	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"	54"	56"

NOTE: If waist size is larger than chest size, use waist measurement as size.  
 Short: 5'3" - 5'7" Regular: 5'7" - 5'11" Long: 5'11" - 6'3" XLong: 6'3" - 6'7"

## MFC-42 — MEN'S MEASUREMENTS | JXN6

Alpha Size	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL
Chest Max	35	38	41	45	49	53	57	61	64 <sup>1</sup> / <sub>2</sub>	68 <sup>1</sup> / <sub>2</sub>

NOTE: If waist size is larger than chest size, use waist measurement as size.

## MFC-51 — MEN'S MEASUREMENTS | BLC4, BXN4, BXN6

Alpha Size	S	M	L	XL	XXL	3XL	4XL	5XL
Chest Max	33	36	39	42	45	48	51	54

NOTE: If waist size is larger than chest size, use waist measurement as size.

## MFC-52 — MEN'S MEASUREMENTS | CLC4

Alpha Size	S	M	L	XL	XXL	3XL	4XL	5XL
Chest Max	39	42	45	48	51	54	57	60

NOTE: If waist size is larger than chest size, use waist measurement as size.

## MFC-53 — MEN'S MEASUREMENTS | JXN4

Alpha Size	S	M	L	XL	XXL	3XL	4XL	5XL
Chest Max	35	39	43	47	51	55	59	63

NOTE: If waist size is larger than chest size, use waist measurement as size.

## MFC-74 — MEN'S MEASUREMENTS | JLF6

Alpha Size	XS	S	M	L	XL	XXL	3XL	4XL	5XL	6XL
Chest Max	36	38	42	46	50	52	54	56	58	60

NOTE: If waist size is larger than chest size, use waist measurement as size.  
 Short: 5'3" - 5'7" Regular: 5'7" - 5'11" Long: 5'11" - 6'3" XLong: 6'3" - 6'7"



## SIZE CHARTS - PANTS |

### PANT SIZE CHART A (SPECIFY WAIST & INSEAM) | PEJ2, PEJ8, PLJ8, PNJ8, PNP8

WAIST	28	30	32	34	36	38	40	42	44	46	48	50
37 UNF	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲

### PANT SIZE CHART B (SPECIFY WAIST & INSEAM) | PEW2, PLW2, PMU2, PMW2, PNW2

WAIST	28	29	30	31	32	33	36	38	40	42	44	46	48	50
36 UNF	▲	▲							▲	▲	▲	▲	▲	▲
37 UNF			▲	▲	▲	▲	▲	▲						

### PANT SIZE CHART G (SPECIFY WAIST & INSEAM) | PAW2

WAIST	28	30	32	34	36	38	40	42	44
36 UNF	▲						▲	▲	▲
37 UNF		▲	▲	▲	▲	▲			

### PANT SIZE CHART H (SPECIFY WAIST & INSEAM) | PEJ4, PEJ6, PEJM

WAIST	28	30	31	32	33	34	35	36	38	40	42	44	46	48	50
37 UNF	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲	▲

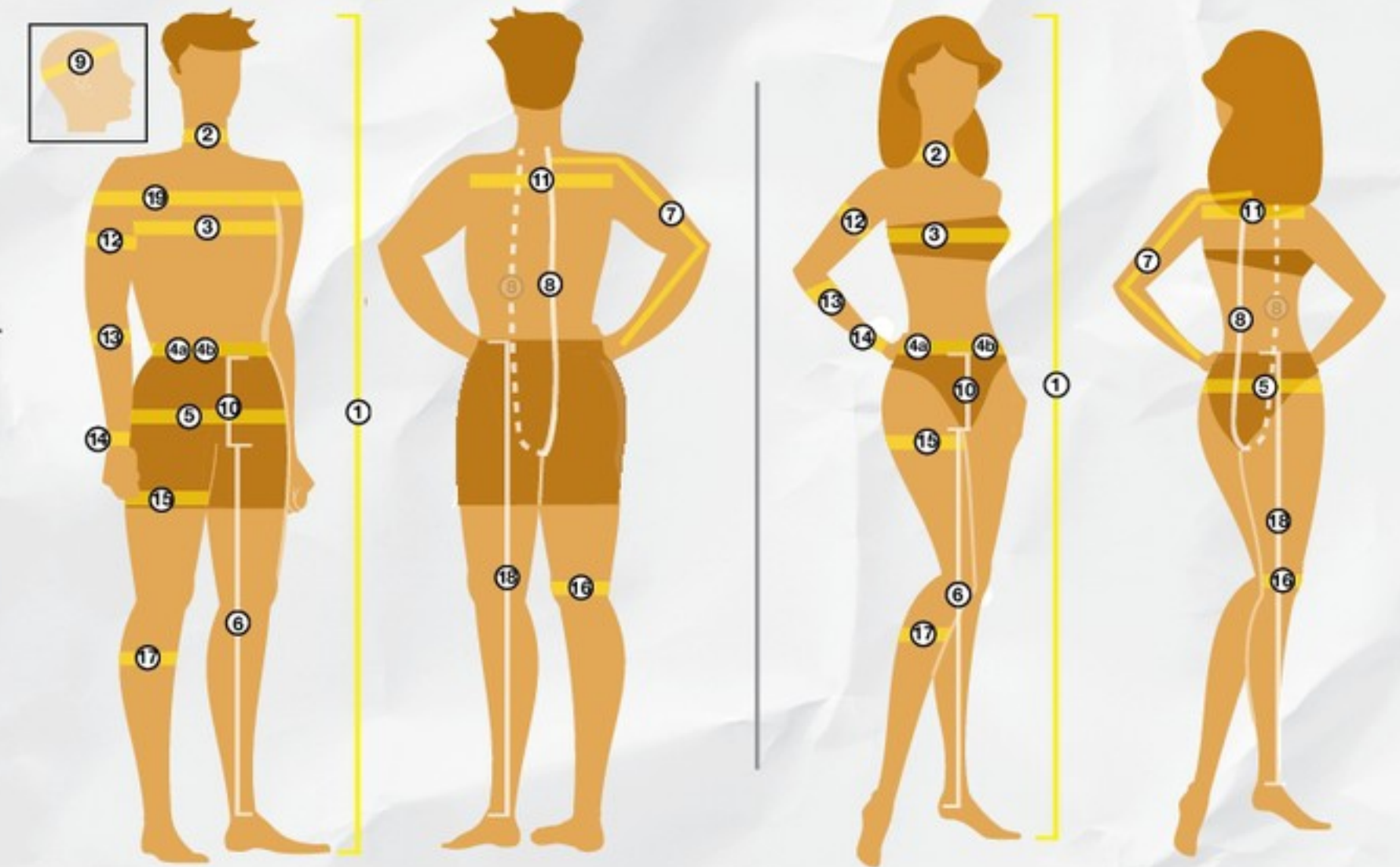


# HOW TO MEASURE |

## FOR A CORRECT FIT:

- Please refer to size charts.
- Measurements refer to body and not garment measurements.
- Bulwark® garments have a slightly oversized fit for added comfort and protection.
- Always confirm a proper fit prior to the first wash. We are unable to accept washed garment returns.
- Women's sizes and fit available in indicated shirts, pants and coveralls.
- If you need assistance, call our Customer Care Experts: 1-800-223-3372 and Canada: 1-800-667-0700. For Distributors, call 1-800-773-5271.

1. **Height:** Stand straight against a wall without your shoes. Make a mark level with the top of your head. Measure from this point down to the floor.
2. **Neck:** Measure around the base of the neck where a collared shirt would fit or measure a collarband on a shirt that fits you well.
3. **Chest/Bust:** Measure the fullest part of your chest/bust. Hold the tape firmly, but not tightly. Be sure the tape is level and straight across your back. Stand naturally.
4. **A.** First, remove your belt. Then, measure overshirt (not over pants) at the position you normally wear your pants. Hold the tape firmly but not tightly.  
**B.** Shirts and covering garments such as coveralls - Measure mid-section over clothing around the fullest part of the abdomen. Note: Include both "A" and "B" measurements if ordering multiple garments.
5. **Hips:** Stand with your heels together. Measure around the fullest part of the hips. Hold the tape measure straight and level.
6. **Inseam:** Stand with your heels together. Measure around the fullest part of the hips. Hold the tape measure straight and level.
7. **Sleeve:** Bend the elbow slightly. Start at the center back of the neck and measure across the shoulder to the elbow and down to the wrist bone.
8. **Trunk:** Measure from the base of the neck (front) down around crotch and back up to the bottom of the collar. (For coveralls only)
9. **Cap/Hat Size:** Measure the circumference of the head at it's widest diameter, approximately 1/8" above the ears.
10. **Front & Back Rises:** FRONT - This is the distance from the center front at the top of the waistband to the intersection of the crotch seams. BACK - This is the distance from the center back at the top of the waistband to the intersection of the crotch seams.



11. **Across Shoulders:** While standing with arms down, measure across the back from one shoulder joint to the other.
12. **Upper Arm/Bicep:** Measure the maximum circumference of the upper arm just below the under arm.
13. **Forearm:** Measure the maximum circumference of the forearm at approximately 6" above the wrist.
14. **Wrist:** Measure the wrist circumference over the wrist bone.
15. **Thigh:** Measure around thigh (parallel to floor), below crotch.
16. **Knee:** With the leg straight, measure the knee circumference over the knee cap and parallel to the floor.
17. **Calf:** Measure the circumference of the largest part of the lower leg approximately half way between the knee and ankle and parallel to the floor.
18. **Outseam:** Measure along the outside of the leg from the top of the waistband to the bottom of the hem of just below the ankle bone. OR - lay garment flat, measure along outseam from top of band to bottom of hem.
19. **Over arm:** With arms at the sides, measure around the broadest part of the shoulders and upper arms, keeping the tape level at all times. If over-arm measurement is 7" larger than chest measurement, go up one size.